

Course Date & Location

May 21, 2022

Live Webinar

This Live portion of this course is 5.0 contact hours/.50 ceu's.
Certificates for attendance are given upon successful completion of each section of the course.

This course is applicable for PT, PTA, OT, OTA, AT. This course meets the continuing education requirements for physical therapists in the States of AK, AL, CO CT, DE, DC, ID, IN, MA, MO, MT, NH, NC, OR, RI, SC, UT, VT, VA, WA, WI and WY. This activity is provided by the Texas Board of Physical Therapy Examiners Accredited Provider # 2207038#TX and meets continuing competence requirements for physical therapist and physical therapists assistant licensure renewal in Texas for 5 ccu's. The New York State Education Department, Office of the Professions has approved NAS as a continuing education sponsor for physical therapists and assistants licensed in New York. NAS is a provider for continuing education approved by the IDPR for physical therapists, IL provider # 216000074. North American Seminars, Inc. is an AOTA provider for continuing education, provider #4487. Intermediate level-occupational therapy professional development activity: Occupational Therapy Service Delivery, evaluation and intervention. AOTA approval 5 hours. The AOTA does not endorse specific course content, products or clinical procedures. The AK, AR, DE, DC, IL, IN, KY, LA, MD, MN, MS, MO, MT, OH, OR, OK, PA, RI, SC, TN, TX, VT and VA occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. Additionally, this course meets the ceu requirements for OT's licensed in AL, AZ, CA, CO, CT, FL, GA, HI, ID, KS, ME, MA, MI, NE, NJ, ND, UT, WA, WV, WI and WY. Meets the NBCOT requirements. BOC provider # P2047, call for evidence-based approval status. Meets the NBCOT requirements.

Cancer Rehab



Presented by
Carrie Riddock, MSPT, CLT-LANA

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PT, OT, PTA and AT - Continuing Education Course

Live one-day

7:30	8:00	Registration	11:30	11:45	Lecture: Contraindications for Exercise and Manual Therapies and Assessment Scales: <ul style="list-style-type: none">• Cancer Dyspnea Scale• FACIT Fatigue and QOL• Pain, Endurance, and Balance
8:00	8:15	Questions from online video sections (home study): <ul style="list-style-type: none">• Carcinogenesis: The cancer cell (Page 4)• Tumor classification and staging (Page 5)• Current medical and surgical management of the cancer patient (Page 9-15)	11:45	12:30	Lecture and Lab: Combining Manual Therapy Skills and Therapeutic Exercise/Activities for Functional Outcomes <ul style="list-style-type: none">• Fatigue• CIPN (Chemo-induced peripheral neuropathy)• AWS (Axillary Web Syndrome)• H&N (Head and Neck Cancer)• Pelvic cancers
8:15	9:15	Lecture: Primary Adverse Effects of Cancer and Cancer Treatment: Clinical Implications <ul style="list-style-type: none">• Cancer pain• Cancer related fatigue• Cardiopulmonary effects• Chemo-induced peripheral neuropathy (CIPN)• Cognitive dysfunction• Case Study	12:30	1:00	Lecture and Lab: Additional Case Studies <ul style="list-style-type: none">• Post radical neck dissection• CIPN• Breast reconstruction (DIEP)
9:15	10:00	Lecture and Video: Effects of Poor Posture and Incorrect Breath Patterns on Patients with Cancer <ul style="list-style-type: none">• Diaphragmatic breathing• Posterolateral breath patterns• Postural effects on musculoskeletal system	1:00	1:15	Review-Questions
10:00	10:15	Break			
10:15	10:45	Lecture and Lab: Introduction to Manual Skills <ul style="list-style-type: none">• Pain modulating and relaxation• Breath and postural retraining• Pelvic floor training• Soft tissue and edema mobilization			
10:45	11:30	Lecture: Treatment Categories for Cancer Patients <ul style="list-style-type: none">• Patient education• Home program• Risk reduction practices• Postural and breath retraining• Therapeutic activities/exercise programs• Manual therapies• Skin, Muscle and Joint Anatomy• Impact of manual therapy on neuromuscular, skeletal and lymphatic systems• Tissue healing along continuum of cancer care			



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About the Educator

Carrie M Riddock, MSPT, CLT-LANA received her Masters of Science in Physical Therapy from Virginia Commonwealth University/Medical College of Virginia in 1997. She received her specialist certification in Lymphedema Management from the Academy of Lymphatic Studies in 2007 and in 2009 her National Lymphedema Certification (LANA). Her specialty and passion is in cancer rehabilitation. She served as the Director of Lymphedema Therapy Services at VCU's Massey Cancer Center and has worked at Bon Secours Cancer Institute's Lymphedema Center as the lead therapist. She has developed a post-operative cancer patient exercise protocol and regularly trains therapists and oncology staff in its implementation. Carrie serves a vital role in securing Bon Secours Cancer Institute's accreditation from the NAPBC (National Accreditation Program for Breast Centers) and in receiving the American Cancer Society/Commission on Cancer's Service Excellence award. She continually provides in-services to advance the knowledge of physical rehabilitation for cancer survivors to the public and medical community and is a regular contributor/speaker to local area Lymphedema and Cancer Support Groups including the Susan G Komen's Central Virginia Breast Cancer Coalition. She has presented lecture series to both VCU and Mary Baldwin University doctoral PT students and presented at the 2016 American College of Rehabilitative Medicine Conference on Chemo-Induced Peripheral Neuropathy. Carrie has worked as an Oncology PT, Educator and Program Developer for over 20 years and strongly believes in a holistic treatment approach throughout a cancer survivor's recovery. Inspired by her experience and the patients she has had the privilege to work with, she opened her own practice, Riddock Cancer Rehab, in May of 2021.

Why You Should Attend This Course

This intermediate continuing education course is designed for PT's, PTA's, AT's and OT's who wish to further their current skill sets to include specialized treatments for the patient with cancer. Emphasis in this course will be placed on learning the current medical and surgical management for the following cancers: breast, prostate, lung, colorectal, gynecological, lymphomas and leukemias. The therapist will learn how and when to most effectively intervene throughout the continuum of care to treat side effects encountered from cancer and it's treatments, including prehabilitation programs. This course will expand on the therapists' knowledge of the tissue healing and disease processes and how each system of the body is affected from surgical, hormonal, immunotherapy, chemotherapy, and/or radiation treatments. Extensive lab time will be devoted to perfecting and applying both manual therapy skills and developing appropriate therapeutic exercise/activity programs. Treatment approaches learned in this course will allow the therapist to effectively develop treatment protocols for the achievement of functional outcomes, allow for maximum reimbursement, and reduce hospital readmissions for the patient with cancer.

This course will enable the therapist to become a knowledgeable and active participant of the oncology team and effectively market cancer rehab services while working towards making cancer rehabilitation a standard of care.

Live Course Objectives

Upon completion of this course, participants will be able to:

- Describe the underlying mechanisms of carcinogenesis, the current medical and surgical management for the treatment of cancers and their associated side-effects.
- Identify cancer diagnoses that would benefit from rehab intervention and where in the continuum of cancer care therapists can most effectively intervene.
- Recognize important lab values such as; Nadir and ANC, hemoglobin, platelets, and when to modify treatment based on those values.
- Identify the signs and symptoms and the common areas affected by metastatic cancer.
- Identify the red flags, complications and absolute contraindications for exercise and manual therapies.
- Evaluate the key postural and respiratory muscles and utilize manual therapy skills to promote breath and postural retraining.
- Develop individualized therapeutic exercise/ activity programs to decrease pain, fatigue, edema and improve mobility/balance in patients with cancer during each phase of medical management (surgery, chemotherapy, immunotherapy, hormonal therapy, and radiation).

Riddock

Cancer Rehab
Go to www.healthclick.com
for complete
registration information

Name _____ Profession _____

Home _____

Address _____

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e-mail _____

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All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of \$75.00 are provided until 14 business days prior to the course date. No refunds will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.

All this information is required in order to process a registration